



Splish Naturals CHAKRA Mat

Introduction

Chakras, derived from ancient Sanskrit texts, are energy centers within the subtle body that play a vital role in maintaining physical, emotional, mental, and spiritual well-being. There are seven main chakras aligned along the spine, each corresponding to specific organs, nerve systems, emotions, and aspects of consciousness.

This innovative mat not only incorporates the well-regarded modalities found in the Rejuvenation Mat, including Pulse Electro Magnetic Field (P.E.M.F.) therapy, Far Infrared Radiation (FIR), Negative Ion Generation, and Transcutaneous Electrical Nerve Stimulation (TENS), but also introduces the pioneering addition of Red L.E.D. Light Therapy.

The Chakra Mat is designed to target the body's vital energy points, or chakras, promoting a harmonious balance of physical, mental, and spiritual well-being. The integration of Red L.E.D. Light Therapy enhances this experience by offering benefits such as improved skin health, increased collagen production, reduction in inflammation, and acceleration in the healing process of bodily tissues.

This mat, a culmination of cutting-edge science and traditional wellness philosophies, is geared towards reducing inflammation, enhancing cell regeneration, promoting relaxation, and alleviating pain. With its array of healthful modalities, the Chakra Mat serves not just as a tool for physical rehabilitation, but as a holistic companion for anyone seeking a path to greater wellness and vitality. Its usage supports Splish Naturals' commitment to providing natural, effective solutions for health and wellness, echoing the belief that "Everyone Deserves Wellness"™.

1. **Root Chakra-Red Jasper:** Located at the base of the spine, the root chakra governs our sense of security, survival instincts, and connection to the physical world. When balanced, it fosters feelings of stability, safety, and grounding.
2. **Sacral Chakra-Tiger's Eye Stone:** Situated just below the navel, the sacral chakra relates to creativity, pleasure, and emotional balance. It governs our ability to experience intimacy, passion, and joy in life. A balanced sacral chakra enhances creativity, sensuality, and emotional intelligence.
3. **Solar Plexus Chakra-Yellow Aventurine:** Located in the upper abdomen, the solar plexus chakra is associated with personal power, self-esteem, and confidence. When balanced, it fosters a sense of autonomy, willpower, and assertiveness, enabling individuals to pursue their goals with clarity and determination.
4. **Heart Chakra-Green Aventurine:** Found in the center of the chest, the heart chakra is the seat of love, compassion, and empathy. It governs our ability to form meaningful connections with others and experience unconditional love for oneself and others. A balanced heart chakra promotes emotional healing, forgiveness, and harmonious relationships.
5. **Throat Chakra-Sodalite:** Situated in the throat area, the throat chakra is associated with self-expression, communication, and truth. It governs our ability to articulate thoughts and feelings, speak our truth, and express ourselves authentically. A balanced throat chakra facilitates clear communication, effective listening, and authentic self-expression.
6. **Third Eye Chakra-Amethyst:** Located between the eyebrows, the third eye chakra is the center of intuition, insight, and inner wisdom. It governs our ability to perceive beyond the physical realm, access higher states of consciousness, and trust our intuition. A balanced third eye chakra enhances intuition, imagination, and spiritual awareness.
7. **Crown Chakra-Clear Crystal:** Situated at the top of the head, the crown chakra is the gateway to higher consciousness, spirituality, and enlightenment. It represents our connection to the divine, universal energy, and the collective consciousness. A balanced crown chakra fosters spiritual growth, inner peace, and a sense of oneness with all existence.



Balancing and aligning the chakras through various practices such as meditation, yoga, breathwork, and energy healing can lead to numerous benefits, including:

- Enhanced physical health and vitality.
- Improved emotional well-being and mental clarity.
- Increased self-awareness and self-acceptance
- Greater creativity, inspiration, and intuition
- Strengthened relationships and communication skills.
- Heightened spiritual awareness and connection.
- Overall sense of balance, harmony, and fulfillment in life.

By harmonizing the flow of energy within the chakras, individuals can experience holistic healing and transformation on all levels of their being.

Chakras in Sanskrit means “wheel” and refers to the energy points in your body. They are thought to be spinning disks of energy that should stay “open” and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect both our physical and emotional well-being.

The subtle energy that Chakras provide help your mind and body to work at its best level. By using the Splish Naturals Platinum Chakra Mat along with each of its modalities, natural healing, relaxation, or energy creation can be found within this single mat.

Chakra Mat Features

- Far Infrared Heat Therapy
- Negative Ion Generation
- Hot Power Stones
- Bio Photon Red L.E.D. Light Therapy
- PEMF - Pulsed Electromagnetic Field Therapy
- T.E.N.S.
- Body Balancing and Cleaning

Red Light Therapy

According to NASA reports over 40 years ago and recent clinical trials studies, red light has positive results for skin rejuvenation & beautification, collagen production, physical performance & muscle recovery, sleep, joint pain, inflammation, and so on.

Because it has no significant side effects (nontoxic, noninvasive, and considered safe for all skin types) to body,

it is widely used in the hospital, Beauty Salons, Therapy Centers, Spa, Relax Studio, Home, etc. for improving circulation, healing wounds and skin problems.

Red Light Therapy Benefits

- Improve wound healing.
- Reduce stretch marks.
- Reduce wrinkles, fine lines, and age spots.
- Improve facial texture.
- Improve psoriasis, rosacea, and eczema.
- Improve scars.
- Improve sun-damaged skin.
- Assist the body to produce collagen.

Far-Infrared Rays (FIR) Therapy

FIR, NIR, and MIR are the most common terms used in industry to describe infrared rays. Far Infrared Rays, an invisible light which is on opposite side of the spectrum of harmful ultraviolet rays. It is the same light that plants use to photosynthesize to feed. This plant dependency of far infrared can be found in the human body as well. That warm resonating feeling you get from the far infrared rays speaks to our bodies need for rays of sunlight, yet they are the closest to microwave rays famous for the deepest heat transferring.

The FIR softly heals, stimulates, and detoxifies both the physical and mental bodies. FIR heat aids in the stimulation of metabolism and the relaxation of the nervous system. It gives deep muscle and tissue therapy while also improving circulation, eliminating depressions, and alleviating pain.

Far infrared rays are more effective for pain relief than traditional heating pads because their rays penetrate 4-6 inches below the surface level of the skin. The mat emits both FIR and MIR heat with 93% efficiency in the best utilized by the human body wave range 4-16 microns, which is also called a 'life' or 'bio resonance' range.

Far Infrared Heat Therapy Benefits

- Reduces inflammation and pain.
- Improves circulation.
- Helps improve exercise recovery.
- Speeds wound healing.
- Infrared can help improve overall mood.
- Boosts Vitamin D levels naturally.

Negative Ions

Negative ions are molecules that have gained one or more extra electrons,

giving them a negative charge. They are found in nature near waterfalls, oceans, and forests, and can also be generated artificially through ion generators or air purifiers. Negative ions have been shown to have a range of potential health benefits, including improving mood, reducing stress, and enhancing cognitive performance. They work by neutralizing free radicals in the body, which can cause cellular damage and contribute to a range of health problems. While research on negative ions is still ongoing, the evidence suggests that they can be a valuable tool for promoting overall health and wellbeing.

Negative Ion Benefits

- Neutralize free-Radicals.
- Revitalize Cell Metabolism.
- Enhance immune function.
- Purify and detox blood.
- Balance the autonomic nervous system.
- Promotes deep sleep.
- Creates positive vibes.
- Improves symptoms of depression.

PEMF Bio-Pulsed Magnetic Field Therapy

Pulsed electromagnetic field therapy (PEMFT, or PEMF therapy), also known as low frequency magnetic stimulation (LFMS) PEMF PEMF therapy is one of the few modalities that offer many different health-related benefits - from head to toe. Pulsation brings bio-resonance energy into the body. Special copper coils are directing invisible pulsed electromagnetic fields through the body tissues to stimulate cellular repair and regeneration.

PEMF devices emit similar Electro Magnetic Fields biologically identical to these frequencies created by the cells, organs, bone, and tissues of the body. The intensity of the magnetic field decreases with distance, so a higher number of powerful PEMF coils provides a more even therapy for the body.

PEMF FREQUENCIES AND EFFECTS

Different frequencies are used for different types of therapies. If we use 50-60Hz PEMF, it may cause a higher activation effect. Contrary 8-10 Hz PEMF (most popular) is

calming anti-stress therapy. 8-10 Hz brain activity is associated with a calm and relaxed mind, meditation, creativity, and waking consciousness.

If we use lower frequencies as 2-5Hz PEMF, you may feel very relaxed and even fall asleep. Or you may still be fully aware and be in a very positive mental state with many ideas and insights. It may also be great for deep meditation. If we go up to 10-15 Hz PEMF, we may induce Alpha-wave relaxation and Sigma waves spindles moderating our memory processes and dreaming. Of course, it does not mean that the above works the same for everybody.

- P1 - 3Hz: Delta Waves), **Improves deep sleep.**
- P2 - 8Hz (7.83Hz): (Schumann resonance) Mimics earth's magnetic energy exactly. Akin to grounding barefoot to the earth - **Healing, blood circulation and lowers inflammation.**
- P3 - 10Hz: (Alpha Waves, Beta Waves), **Lowers stress, reduces anxiety, depression and increases creative.**
- thinking
- P4 - 25Hz: (Beta Brain Waves, Beta Waves). **Alertness**
- P5 - 40Hz: (Gamma Waves. γ Waves), **Improves memory**
- P6 - 48Hz: **Healing, blood circulation and pain relief - [Level 1](#)**
- P7 - 56Hz: **Healing, blood circulation and pain relief - [Level 2](#)**
- P8 - 64Hz: **Healing. blood circulation and pain relief - [Level 3](#)**
- P9 - random mix or different frequencies mentioned above with every 1-2 second change of frequency.

There are five brainwave states Gamma, Beta, Alpha, Theta, and Delta, which are frequency specific. Researchers have shown that although one brainwave state may predominate at any given time, the remaining brain states are always still present in the mix of brainwaves at the trace levels in different minor areas of the brain.

- When you awake from a deep sleep-in preparation for getting up, the brainwave frequencies will increase from Delta to Theta and then to Alpha and finally into Beta.
- These brainwaves can be ranged from the most to the least activity, from the low-amplitude,

high-frequency Beta / Gamma to the high-amplitude, low-frequency Delta.

- These brainwaves correspond to the states of mind range from high arousal to deep, dreamless sleep.

P.E.M.F. Benefits

- Enhances the body's natural recovery process.
- Corrects cellular dysfunction throughout the body.
- Stimulates and exercises cells to recharge cells.
- Gives you more energy, naturally.
- Improves athletic performance.
- Reduces inflammation and pain.
- Helps you recover from a surgical procedure or injury faster.

Transcutaneous Electrical Nerve Stimulation (T.E.N.S.)

T.E.N.S. is a modality that uses electric current to activate nerves in order to decrease pain.

T.E.N.S. Benefits

- Treats arthritis, fibromyalgia, and other types of pain.
- Relieve pain from sports injuries.
- Reduce intake of pain medications.
- Benefits muscle spasms.
- Retrains nerves effectively.
- Less fatigue and tiredness
- Pain relief without medication

The Splish Naturals Chakra Mat is a testament to Splish Naturals' commitment to combining science with wellness, supporting a lifestyle of health and mindfulness. By incorporating the mat into your daily routine, you invite balance, healing, and tranquility into your life, fostering an environment where wellness is not just pursued but lived. This mat is not merely a product but a companion in your journey towards holistic well-being, ensuring that you remain vibrant, energetic, and balanced, embodying the philosophy that...

"Everyone Deserves Wellness"™.

